



# HVMAC REDHEAD SCHEDULE

Effective from 8<sup>th</sup> February 2021

Monday		
4.00-4.30pm	Minimites & Kindymites	
4.40-5.25pm	Dynamites – All Levels	
5.30-6.15pm	Kumite	
6.20-7.05pm	Dragons / Adults – Beginner/Intermediate	
7.10-7.55pm	Dragons / Adults – Advanced	
Tuesday		
4.40-5.25pm	Dynamites – Beginner/Intermediate	
5.30-6.15pm	Dynamites – Advanced	
6.20-7.05pm	Dragons / Adults – All Levels	
7.10-7.55pm	1 <sup>st</sup> Kyu and Black Belts	
Wednesday		
4.00-4.30pm	Minimites & Kindymites	
4.40-5.25pm	Dynamites – All Levels	
5.30-6.15pm	Kobudo Pandas	
6.20-7.05pm	Dragons / Adults – All Levels	
7.10-7.55pm	Senior Kobudo	
Thursday		
4.40-5.25pm	Dynamites – Beginner	S.T.O.R.M. Leadership
5.30-6.15pm	Dynamites – Intermediate/Advanced	
6.20-7.05pm	Senior Leadership	
7.10-7.55pm	Dragons / Adults – All Levels	
Saturday		
9.00-9.30am	Minimites & Kindymites	
9.40-10.25am	Dynamites / Dragons / Adults : Beginner Clinic	Dragons/Adults - Brown Belts
10.30-11.15am	Dynamites / Dragons / Adults : Intermediate Clinic	
11.20-12.05pm	Dynamites / Dragons / Adults : Advanced Clinic	

- Students should not attend the centre if they are sick, have been overseas, in a COVID hot spot in the last 21 days or been in contact with someone who has tested positive for Covid19.
- Physical distancing and 4 square metre rules apply as per current NSW Health COVID restrictions.
- All classes must be booked via your Clubworx member portal.
- Under current restrictions, we can allow for 48 people in the dojo, excluding instructors. Depending on the number of students in the class, we may need to limit the number of visitors per class and at gradings.
- We request that all students and parents entering the building sanitise on entry and exit.
- You will need to register your contact details when entering the dojo as per contact tracing guidelines.
- There will be a changeover time of 5 minutes between classes to control numbers.
- We will conduct frequent cleaning and disinfecting of surfaces and equipment with a dedicated cleaning slot between each class.
- Students are expected to leave the dojo once their class is finished and will not be allowed to congregate before or after their class.

HVMAC Redhead

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